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Our Mission

Brewster Place is a retirement community providing all of its residents opportunities for an optimal quality of life.



The Brewster Health Center is accredited by The Joint Commission.

Love. Do. Succeed. Be. Think. Fight. Build. Help. Give.

It's the New Year and many of us begin the yearly ritual of reflecting on our lives and making resolutions to lose weight or to do something nice for others — such as giving more hugs and smiles or opening doors for people. Our hope is that beginning New Year's Day, we will start fresh and improve ourselves.

You may have read or heard about the “Paradoxical Commandments” in the past, but we think they are worth repeating. Often attributed to different authors such as Dr. Karl Menninger or Mother Teresa, the “Paradoxical Commandments” were actually written as a guide for high school student leaders by Dr. Kent M. Keith when he was a 19 year old undergraduate student at Harvard. In the 47 years since then, Dr. Keith's words of wisdom have been quoted many times in many settings and actually did hang on the wall of Mother Teresa's children's home in Calcutta. Now there is even a Facebook page titled “Live the Paradoxical Commandments Anyway.”

Your friends at Planet Brewster offer these “Paradoxical Commandments” as our New Year's resolutions.

THE PARADOXICAL COMMANDMENTS

by Dr. Kent M. Keith

People are illogical, unreasonable, and self-centered.

LOVE THEM ANYWAY.

If you do good, people will accuse you of selfish ulterior motives.

DO GOOD ANYWAY.

If you are successful, you will win false friends and true enemies.

SUCCEED ANYWAY.

The good you do today will be forgotten tomorrow.

DO GOOD ANYWAY.

Honesty and frankness make you vulnerable.

BE HONEST AND FRANK ANYWAY.

The biggest men and women with the biggest ideas can be shot down by the smallest men and women with the smallest minds.

THINK BIG ANYWAY.

People favor underdogs but follow only top dogs.

FIGHT FOR A FEW UNDERDOGS ANYWAY.

What you spend years building may be destroyed overnight.

BUILD ANYWAY.

People really need help but may attack you if you do help them.

HELP PEOPLE ANYWAY.

Give the world the best you have and you'll get kicked in the teeth.

GIVE THE WORLD THE BEST YOU HAVE ANYWAY.

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Getting to Know Our Residents

By Phyllis McMahon, Resident Volunteer

Raymond L. Miller (Ray) moved to Brewster Place in April 2015. He grew up in southern Michigan. While attending Wayne State University in Detroit, he worked directly with Henry Ford. Ray received his degree in economics from the University of Nebraska. He and his wife, Lorraine, met on a double date. Lorraine passed



away several years ago.

After college Ray joined the Air Force, attending navigator school. He was in Korea during the Korean War. Once he returned to the United States, Ray attended pilot school and became a command pilot. Ray enjoyed travel while in the Air Force. He mentioned a special time for him was being stationed in Japan for three years with his family. They traveled through much of Japan.

While serving our country, Ray flew a KB50 Tanker, refueling fighter bombers in the air. He also flew a C130 Air Transport carrying cargo and personnel. He flew other kinds of planes on long flights all over the world. Flights took him

over North Korea and on visits to South Korea. Ray retired from the military as a Lieutenant Colonel after over 20 years of service.

Ray returned to his economics roots and worked for Merchants National Bank in Topeka. He continued his love of travel and enjoyed going to Africa to take photos—making four trips. He has a collection of antique spears, wood carvings and a wonderful large painting of a lion in the bush. He also has his beautiful photos framed and hanging in this apartment. Ray has donated 30-40 African masks to Cowabunga at the Topeka Zoo.

Ray's daughter lives in Berryton, where she has a business training young riders with horses. One of Ray's sons is retired from his work as Chief of Police in Medicine Lodge, Kansas and continues to live there. Another son lives in Topeka and works for a metal projects firm setting up contracts. He also has a son living in Texas who does the finances for an automobile dealership. Ray has seven grandchildren and two and a half great grandchildren! Ray's children toured retirement communities and decided Brewster Place was the best! ■

Lt. Col. Raymond Miller
1205 SW 29th St., Apt. 428
Ph. 274-5507

Volunteer Tea



Celebrating Resident Volunteers

Friday, January 8
10:00 am
Klinge Activity Center

Volunteer opportunities abound at Brewster Place and we certainly couldn't be successful without our resident volunteers. We invite everyone to come to celebrate our resident volunteers at a Volunteer Tea hosted by Joline Kovarik. Whether you volunteer for the Bazaar, Trash & Treasure Sales, in the Main Office or in any other capacity at Brewster Place, please join your fellow residents and staff as we celebrate your contributions to our community.

As a special treat we will have Linda Kehres, Executive Director of Let's Help to speak about the work they do in our community. Let's Help is one of the organizations that benefits from the proceeds of the Annual Holiday Charity Bazaar.

If you can't attend the Volunteer Tea and would like more information about volunteering, please contact Maxine Gilbert, Volunteer Coordinator, at 274-3374. If you are interested in volunteer opportunities at the Brewster Health Center, please contact Margaret King, BHC Volunteer Coordinator, at 274-3312. ■

Getting to Know Our Residents

By Phyllis McMahon, Resident Volunteer

Betty Penney moved to Brewster Place in September 2015. Born in Columbus, Ohio, she also lived in Portsmouth, near the Ohio River. The river is the dividing line between Ohio and Kentucky. Betty states there was much activity during the Civil War with the Underground Railroad in that area — slaves would cross the Ohio River to reach freedom in Ohio.

Betty attended Ohio State University in Columbus. She met her husband through a mutual friend. They moved to Topeka and Betty finished her degree at Washburn University. Her major was English which she taught at Topeka High School for 20 years. She attended Emporia State University for her master's degree in library science. Betty retired after being the school librarian at French Junior High from 1975—1995. Betty stated that she loved her work as the school librarian, loves books and loves to read. She orders books through her computer which are then delivered to her through Topeka and Shawnee County's Red Carpet Service.

Betty also enjoyed traveling and most summers in the 1970s and 1980s were spent going to Europe. She would do her homework during the winter months and find inexpensive ways to travel. She found Italy especially fun and interesting. In her apartment you will see pictures of a Medieval church and one of the Green Bay Tree House (now a bed and breakfast) in the Cotswolds area of England.

Betty's oldest daughter is active in real estate in California. She also has a daughter in Kansas City who is retired from teaching in the Shawnee Mission district after 27 years. Betty has one granddaughter, four grandsons, and seven great grandchildren. They live in California, Chicago and St. Louis. ■

Betty Penney

1205 SW 29th St., Apt. 426

Ph. 274-5511



facebook.com/brewsterplace.org

We Say Farewell...

Please join us for two bittersweet events as we say a fond "*farewell*" to two of our longtime employees. Angela Dailey will be leaving us to pursue another career opportunity. Jeanene Johnson has retired after a successful career in activities.

Farewell Reception for Angela Dailey

Vice President, Chief Operating Officer

Wednesday, January 13

3:00 pm

MB Founders Room

Retirement Party for Jeanene Johnson

Activities Coordinator

Friday, January 15

4:00 pm (during Social)

Main Street Lounge



January 7

"Aloha" (2015 comedy)

January 14

"Batkid Begins" (2015 documentary)

January 21

"A Walk in the Woods" (2015 drama)

January 28

"Won't Back Down" (2012 drama)

If you have suggestions for a movie to be shown on BPTV 1960, please let Janis know by calling 274-3389. ■

Home and Community Based Services

by Eileen McGivern, BSN, RN | Vice President Wellness and Community Initiatives

Brewster at Home is the division of Brewster from which all home and community based programs are delivered. As we look back on 2015, it's evident that Brewster at Home had a busy year!



We began the year with new branding for our membership program, which we previously called Brewster at Home. The new name, BrewsterConnect, better reflects what the membership provides to the member — connection to

Brewster Place for activities, wellness/fitness offerings and intellectual programming. BrewsterConnect also provides connection to technology offerings to reinforce a member's decision to age in place as well as a connection to a vetted vendor network.

In July, we launched **Live Well at Home by Brewster**. This life care program provides wellness initiatives and health coaching, and as needs change and the member ages in place in their own home, coordination of care and services to include skilled care. Live Well members can truly live their entire lives in their own home. Currently we have five members of Live Well at Home by Brewster with a goal of having 30 by end of 2016.

Some of the comments of our members include:

"This program really gives us peace of mind."

"We can concentrate on being adult children and enjoying Mom while you all coordinate and oversee her healthcare needs when that time comes."

"We never want to move into a community, we have invested in making our home accessible and aging friendly."

"This program fixes our costs for long term care needs."

We have conducted Live Well seminars in Topeka, Lawrence and Manhattan. Our plan for this year includes adding Emporia and Kansas City to our membership base.

Brewster at Home continues to look for opportunities to serve seniors in their homes in the Topeka community and beyond. Technology allows us to extend our reach and provide medication management, personal emergency response as well as health monitoring. We follow industry trends and strategically develop programs that provide value and benefit to our area seniors. With everything we do we adhere to our mission, to serve wherever seniors call home. ■



Progress continues on the Main Street project on the lower level of Assisted Living. Phase I is complete which includes our beautiful new Chapel. Vespers services and Christmas Eve services have already taken place in the new space. Everyone is pleased with the bigger space, new furnishings and sound system.

The Main Street Lounge is also open and residents and staff have already begun using the space for sharing a meal or snack along with a cup of coffee. Large screen TVs are available if you would like to watch your favorite team play. The gorgeous fireplace is also a favorite place to gather during this winter season.

Phase II is underway and we expect the new expanded Market to be ready for business February 8. Once the Market is complete, work will begin to transform the new Winchell Wellness Center, therapy space and beauty shop.

If you haven't visited Main Street yet, we invite you to come take a look! ■

From the Chaplain

We Are Heirs to God's Kingdom

by Chaplain Roger Jackson, M.Div.

“...if children,
then heirs—
heirs of God
and joint
heirs with
Christ...”

Romans 8:17

The story is told of a farmhand who had worked for a married couple for several years. As time went on and the couple grew older and older, they couldn't do as much they had in the past. The farm began to look a little shabby. The paint on the barn was peeling. The fences had holes, and slats were loose. The gravel road had potholes. Shingles on the farmhouse were beaten, weathered, and in need of replacing. But as the farmhand made his way to milk the cows each day, he thought, “What is that to me? It's not my farm.”

Then, one day the farmer and his wife asked him to come for dinner. They told him how much he meant to them. They told him that they had no children to inherit the farm, so they wanted to give it to him when they died.

The next day, the farmhand walked to the nursing barn, and he noticed the paint on the barn. In a few days he'd painted the barn and fixed the fence, and in the next few weeks he installed a new roof on the farmhouse and laid new gravel on the road.

Why would he do that? What made the difference in his attitude? He was now an heir. And as a son, he began to treat the old farm differently than he ever had before.

So it is with us. We are heirs to the Kingdom of God. **Romans 8:17** says, “...if children, then heirs—heirs of God and joint heirs with Christ...” And because we are heirs, we have the great joy of knowing that whatever we do it is because of the fabulous gift of salvation our God has given us.

So in this New Year 2016, let us repair, fix up, and mend our lives like we are heirs of the Kingdom of God. Let us take more time to read and study the Scriptures, expand our prayer lives, and worship our God — like we are heirs of the Kingdom.

Come and worship with us in our new Chapel! ■

Snow Clean-Up at Brewster Place

by Matt Burns, Director Environmental Services

With winter upon us, some of you have had questions about what Brewster Place does when we have a snow or ice storm. Our current practice is as follows:

Brewster Place hires a snow removal company with larger equipment to do our roads on campus. They will arrive in the early morning hours and remove snow and return with sand and salt when needed. They also treat our roads upon request the day after a storm and following.

The Brewster Place maintenance team arrives early on snow days to clean entry ways and sidewalks. This often takes until well after lunch on the day of a storm depending on snow accumulation. After clearing the sidewalks and egress paths from the buildings, the team will go back and put down ice melt where needed. We do appreciate your calls to let us know if you find icy spots we have missed or that reappear.

As a rule, the maintenance team does not clean out carports or clean off patios except upon request. We do not charge extra for this service, but it takes a lot of manpower, and the maintenance team needs to get back to what they do best, and that is keeping your homes operational. We are able to remove snow from these areas on subsequent days after the snowfall, but not necessarily on the day of — so we ask for your patience. If you need to get out, or have a special circumstance, please call Kim at the work order hotline (274-3399) and we will get to you as soon as possible. ■



If you live and work at Brewster Place, BPTV 1960 is your source for the daily schedule, activity updates, news, music, worship services, movies and fun photos! Don't miss out!

BPTV Channel 1960 or 1961

Audio Announcements

Monday—Friday
8:00—8:30 am.

A new year is beginning and as we look toward all of the wonderful new adventures, challenges, and experiences that 2016 will bring, it is also an excellent time to thank those who have helped the Brewster Foundation achieve its mission — to *Raise Funds in Support of Brewster*.

Together we have provided funding for:

- Short term loans for employees who have experienced an emergency or family tragedy
- Friends and neighbors who have outlived their financial resources
- Chaplaincy services
- Therapy equipment and important capital improvements
- Employee education and enrichment
- Resident programming for education and socialization
- Music and Memory program
- Books For Kids program that provides reading materials for dependents of staff

The Brewster Foundation values the role we play in helping people reach their philanthropic goals. The Brewster Foundation is a vital conduit supporting your charitable giving toward excellence in quality of life for seniors, a universal love of your fellow residents and those who will come after. Meeting these needs is not just the business of the Foundation but the business of *our* lives. We are immensely grateful for your partnership.

The New Year brings new challenges and exciting projects. One such project will be the completion of the Main Street renovation where the opportunity still exists to have a named area or lasting memorial gift for a loved one or family. Several projects are in need of additional funds in order to be completed with the high standards and quality that are trademarks of Brewster Place. If you are able or interested in considering a gift towards completing one of these Main Street projects, please contact the Foundation Office at 274-3327 for opportunities that are available.

From meeting resident needs to planning innovative staff programs, the Brewster Foundation works to achieve our mission each day. The Founda-

tion hosts luncheons, education sessions, News & Views discussions and the Forum as well as raising funds for artwork, pianos, organs, benevolent care, employee loans, resident programs, special projects, and much more. Although our mission remains the same, we must adjust how we achieve our goals as the Brewster organization moves and adjusts to meet the needs of residents and their families. Brewster Foundation supporters are a varied group including local industry, residents and their families, staff, and the families of past residents. We are proud and honored to be your choice for charitable giving. Thank you for your past support and your continued support to reach our mission. ■

Brewster Heritage Society

The Brewster Heritage Society consists of individuals who have notified the Brewster Foundation that they have, or will make, a lifetime gift to Brewster, helping to guarantee future residents and community members the quality of programming and care they have come to enjoy.

You may join through gifts of:

- A **bequest** in your Will
- A gift from your **Trust**
- A **Charitable Gift Annuity**

Brewster Place accepts gifts of:

- **Property**
- **Life Insurance**
- A gift from your **Retirement Plan**
- Publicly traded **securities** and **mutual funds**
- A percentage of your Brewster Place **Life Accommodation Plan** or **Estate Preservation Plan**

The Brewster Foundation encourages all donors to consult their trust officer, financial planner, or tax advisor when determining the advantages of any gift they may wish to consider.

The Forum

Brewster Foundation will host The Forum on January 7 at 10:00 a.m. in the Brewster East Community Room (topic to be announced at a later date). Please join us!

NEW! Beginning Drawing Class

Each Wednesday during the month of January Joline Kovarik, Arts and Crafts Coordinator, will teach a Beginners Drawing class. All supplies will be furnished and no experience is necessary. Joline invites you to come see what you can do with a piece of paper and a pencil. Please call Joline at 274-3317 for reservations as setting is limited.

Arts & Crafts Classes

Please call Joline Kovarik, Arts & Crafts Coordinator, at 274-3317 to learn more about her classes.

- Workshop & Quilting
- Craft Painting
- Oil Painting
- Wood Carving
- Beginning Drawing Class (January only)

Exercise with Julie Schmanke

Please call Julie Schmanke, Fitness Specialist, at 274-3313 to learn more about her classes.

- Low Impact Aerobics
- Seated Circuit Training
- Thera-band
- Sit and Bee Fit
- Stand and Bee Grand
- Balance and Breathing
- Weight Training
- Personal Training

Activities with Jamie Fritz

Please call Jamie Fritz, Activities Coordinator, at 274-3398 to learn more about the activities program.

- Coloring Club
- Rummikub
- Knitting Club
- Volunteer Opportunities
- Music Programs
- Day Trips
- Dinner Out
- Lunch Out
- Museums
- Galleries
- Concerts
- Plays
- And SO much more!

We Are Starting Something New Too!

Weekly Socials Moving to Main Street!

Did you know that for nearly 40 years the weekly Social was held in the Main Lounge each week?

It was a central location for all to gather and enjoy fellowship with each other. With our newly opened Main Street Lounge, we think it's time to move our weekly Socials to this new, beautiful, centralized place.

Beginning January 15 at 4:00 pm we will have our weekly Socials in the Main Street Lounge. This new area has lots of space, large screen TVs, comfortable chairs, tables and even a wonderful fireplace to keep us warm in the winter. During the warmer months, the large patio area outside will be a great space to gather as well.

Having our weekly Socials in the Main Street Lounge will not only allow our campus to come together each week in a centralized place, it will allow us to begin serving dinner on Fridays every week at Brewster East.

If you are concerned about getting there from your home, please know we will have a shuttle running to provide transportation to and from.



Try Something New by Joining BrewsterConnect

If you are not a resident of Brewster Place and would like to participate in our classes, programs and events, a membership to BrewsterConnect might be for you! Monthly membership fees are \$49 for a single membership and \$69 for a couple. If you would like to find out more, please call 274-3303.

Above all, try something.

— Franklin D. Roosevelt —



Monday, January 11 | 8:45 am
Tickets: \$13.95 | Transportation \$13.00



Da Vinci: The Exhibition



We invite you to join Jamie Fritz, Activities Coordinator, for a wonderful day trip to Kansas City's Union Station to see "Da Vinci: The Exhibition." You will experience one of history's greatest thinkers in this hands-on exploration of his life, creativity and complexity. Sixty-five of his most important inventions are recreated in full scale. In addition, more than 20 fine art studies and dozens of stunning displays are presented in spectacular detail. An audio tour will be your personal guide.

The exhibit fills over 10,000 square feet of space where you can examine his sketches and his paintings. The machines he invented on paper are brought to life and invite your personal interaction. You will view a tank, submarine, helicopter and dozens more while walking through this incredible display. This is your chance to experience what Da Vinci himself first conceived over 500 years ago — a truly unique journey back in time.

For the artist in you, explore the mastery behind such works as "Mona Lisa," "The Last Supper," "Portrait of a Young Man," and more. You will see life through the eyes of Da Vinci and be inspired by his lifetime of achievements. ■

"Simplicity is the ultimate sophistication." -Leonardo da Vinci



dance

[through life]

there's
more to
experience —
for every
generation!

Happy New Year!

Resident Birthdays

Ann Conley	1
Bill Thornton	1
Ruby Trahoon	1
Max Baker	2
Betty Geiser	3
Clifford Hurst	3
Alice Hurst	7
Esther May	11
Georgiana Morrill	12
Mary Lou Kiene	14
Phyllis Ritter	14
Maggie Killinger	16
Connie Buergin	17
Leota Cowell	17
Carlee Wilson	17
Mildred Stone	19
Theresa Cain	20
George Marschall	20
Carlene Allen	21
Anderson Chandler	21
Jim Gordon	21
Pauline Harris	22
David Smith	22
Elsie Becker	23
Shirley Day	24
Jim Stanton	25
Virginia Anderson	27
Jeanne Reynolds	27
Arlene Burkdoll	29
Bill Douthett	30
Margery Purcell	30

Anniversaries

Robert and Doris Payne	1-16-54
Max and Liz Kiene	1-17-42
Sydney and Edna Fluke	1-22-49
Max and Lillie DaMetz	1-24-43
John and Barbara Thiele	1-24-49
Bill and Ruth Larson	1-25-57
Warren and Freida Schriener	1-29-55

The Brewster News is a monthly publication for the residents and friends of Brewster Place.

The Brewster News is also available online at:

www.BrewsterLiving.org

Janis Swanson, Editor

Janis.Swanson@BrewsterLiving.org

Staff Anniversaries

Brewster staff members who are celebrating their employment anniversaries in January!

Department	Location	Years
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Administration

Community Relations

Nancy Park	SH	1
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Dining Services

Josephine Bowman	BHC	2
Margaret Buergin	BHC	2
Linda Clark	MB	1
Randall Cook	MB	1
Dora Jackson Lafleur	BE	15

Environmental Services

Joshua Briggs	BS	2
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Health Services Administration

Lisa Lohmeyer	AL	16
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Health Services

Suzanne Vorhies	BHC	5
Shay Mason	BHC	8
Amber Serl	BHC	2
Michelle Johnson	BHC	1
Monique Wingo	AL	9
Whitney Carrier	BHC	4
Lea Morgan	BHC	18
Candy Bauman	BHC	2
Deb Wells	BHC	2

Security and Transportation

Rita Hulsing	Campus	12
Neale Sutton	Campus	1

New Residents

Donald and Delpha Tucker	MB 214
Dale and Delilah Mazachek	BE G18
Ray and Maggie Beers	Birchwood 4
David and Rose Fritz	MB 409

Transfers

Elmer and Doris Davis	AL 22
Betty Jo Marling	AL 29
Shirley Rausch	AL 4

In Memoriam

Mrs. Carol Ashley	11-29-15
Mr. George Riggins	12-15-15
Mrs. Mary Cohoon	12-18-15
Mr. Charles "Chuck" Lear	12-19-15
Mr. Melvin "Al" Peterson	12-22-15
Mr. Harold Snyder	12-25-15